



# NMCPHC Physical Fitness Products and Services

## NMCPHC Physical Fitness Products and Services

Each of these primary products and services assist the NMCPHC Physical Fitness program in achieving primary goals for the Department of the Navy population and for military affiliates.

### 1: Resource and supplies development/distribution

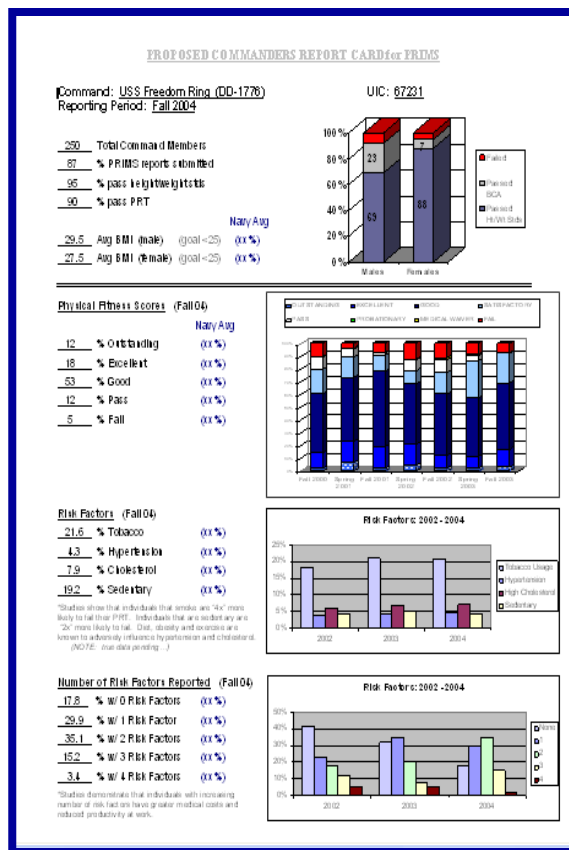
NMCPHC develops and provides a variety of resources for our customers. These physical fitness resources may be utilized by the individual military affiliate, health promotion coordinators, command fitness leaders and directors, clinicians, etc. as a valuable tool in promoting safe and effective physical activity and injury prevention programming and guidance to the community they are serving. Many of the physical fitness products and resources can be **downloaded DIRECTLY** from the NMCPHC Physical Fitness website: [http://www.nmcpHC.med.navy.mil/Healthy\\_Living/](http://www.nmcpHC.med.navy.mil/Healthy_Living/).

### 2: Epidemiology ("scientific detective")

NMCPHC uses a range of methods to investigate, explain, predict, and assist in the promotion of

Physical activity and prevention of injury. **How does this service assist you at the medical & operational level?** The NMCPHC epidemiology program provides our customers evidence-based information that will enable personnel to become a "scientific detective" to assist in promoting positive lifestyle habits...providing answers to who, what, when, where, why, and how?

**PRIMS Fleet Commander Report** (right photograph) C2F, NMCPHC, CPPD Initiative - an awareness tool for command physical readiness. The report will provide leadership awareness of the Physical Fitness Assessment (PFA) status of each command. Plug in the command UIC and the computer automatically queries the data and puts it into a nice overall slide inclusive of all UIC's requested.





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## 3: Prevention strategies and programs

NMCPHC serves as an interventionist, providing guidance in assessing and shaping injury prevention practices and initiatives in the Department of the Navy. The injury prevention and program uses the 5 step public health model as a primary guide for assisting both shore based and deployed forces in improving their prevention strategies and programs. **All 5 steps** identify the primary components of a comprehensive injury prevention practice or initiative. NEHC may assist programs with 1 or more of these steps.

**5 Step Public Health Approach** 1: Determine the existence & size of the problem; 2: Identify the causes of the problem; 3: Determine what prevents the problem; 4: Implement prevention strategies & programs; 5: Continue surveillance & monitor effectiveness of prevention efforts.

## 4: Research and informatics

NMCPHC researches the latest published information in the field of exercise science, operational injury prevention, and sportsmedicine from leading national and international publications.

## 5: Training

NMCPHC provides a diverse training opportunities to military affiliates in the area of physical fitness.

**Primary Physical Fitness Training Opportunities:** NMCPHC Health Promotion Conference; Innovative Strategies in Navy Physical Conditioning Course; Navy Health and Wellness Course. During these training opportunities, a comprehensive focus is placed on physical fitness and musculoskeletal injury prevention.

## Physical Activity - Exercise & Operational Readiness



Traditional



Operational

# Physical Fitness

## National Health Observances (1)



### **JANUARY:**

**Healthy Weight Week** (a great observance to lose holiday pounds!)

Healthy Weight Journal  
402 South 14<sup>th</sup> Street  
Hettinger, ND 58639  
(701) 567-2646  
<http://www.healthyweightnetwork.com>

### **FEBRUARY:**

**American Heart Month**

Contact your local chapter of the American Heart Assoc. at (800) AHA-USA1 or  
7272 Greenville Avenue  
Dallas, TX 75231-3596  
(214) 373-6300  
<http://www.americanheart.org>

**National Girls and Women in Sports Day**

Women's Sports Foundation  
Eisenhower Park  
East Meadow, NY 11554  
(800) 227-3988  
<http://www.womenssportfoundation.org>

### **MARCH:**

**Athletic Training Awareness Month**

National Athletic Trainers' Association  
2952 Stemmons Freeway  
Dallas, TX 75247  
Phone: (214)-637-6282  
<http://www.nata.org>

### **APRIL:**

**National Youth Sports Safety Month**

National Youth Sports Safety Foundation, Inc.  
1 Beacon Street, Suite 3333  
Boston, MA 02103  
(617) 277-1171  
<http://www.nyssf.org>

**National TV-Turnoff Week**

TV Turn-Off Network  
1611 Connecticut Avenue NW, Suite 3A  
Washington, DC 20009  
(202) 518-5556

### **MAY:**

**National Physical Education and Sports Week**

National Association for Sports and Physical Education  
1900 Association Drive  
Reston, VA 20191  
(703) 476-3410  
<http://www.aahperd.org>

**Better Sleep Month**

*(improved sleep is a benefit of physical activity)*  
The Better Sleep Council  
501 Wythe Street.  
Alexandria, VA 22314  
(703) 683-8371  
<http://www.bettersleep.org>

**National Bike Month**

League of American Bicyclists  
1612 K Street NW. Suite 401  
Washington, DC 20006-2082  
(202) 822-1333  
<http://www.bikeleague.org>

**National Physical Fitness and Sports Month**

President's Council on Physical Fitness and Sports  
HHH Building, Room 738H  
200 Independence Avenue SW  
Washington, DC 20201  
(202) 690-9000  
<http://www.fitness.gov>

**National Running and Fitness Week**

American Running and Fitness Association  
4405 East/West Highway, Suite 405  
Bethesda, MD 20814  
(800) 776-2732  
<http://www.americanrunning.org>

**National Employee Health and Fitness Day**

National Association for Health and Fitness  
401 W. Michigan Street  
Indianapolis, IN 46202  
(317) 955-0957  
<http://www.physicalfitness.org>

# Physical Fitness

## National Health Observances (2)

### **National Senior Health and Fitness Day**

Mature Market Resource Center  
1850 West Winchester Rd., Suite 213  
Libertyville, IL 60048  
(800) 828-8225  
<http://www.fitnessday.com>

### **Project A.C.E.S. Day (All Children Exercise Simultaneously)**

Youth Fitness Coalition, Inc.  
PO Box 6452 – Department FS  
Jersey City, NJ 07306-0452  
<http://www.projectaces.com>

### **SEPTEMBER:**

#### **Family Health and Fitness Day USA**

Health Information Resource Center  
1850 W. Winchester Rd., Suite 213  
Libertyville, IL 60048  
(800) 828-8225; (847) 816-8660  
<http://www.fitnessday.com>

### **OCTOBER:**

#### **American Heart Walk**

Dates vary depending on your location. Contact your local American Heart Association or call (800) AHA-USA1 (800-242-8721) or American Heart Association National Center  
7272 Greenville Avenue  
Dallas, TX 75231-4596  
(214) 373-6300  
<http://www.americanheart.org>

#### **National Family Health Month**

(may emphasize physical fitness)  
American Academy of Family Physicians  
11400 Tomahawk Creek Parkway  
Leawood, KS 66211  
(800) 274-2237  
<http://www.familyhealthmonth.org>

### **Child Health Day**

#### **(may emphasize physical fitness)**

US Department of Health and Human Services Admin.  
Maternal and Child Health Bureau  
Parklawn Building, Room 18-05  
5600 Fishers Lane  
Rockville, MD 20857  
(301) 443-2170  
<http://mchb.hrsa.gov>

### **NOVEMBER & DECEMBER:**

Though an official National Health Observance for physical fitness is not recognized during the months of November and December, the average American gains approx. 6 – 10 lbs. during the holidays. The implementation of weight maintenance incentive programs are beneficial during the holiday season.

### **Program Manager's Favorites**

National Physical Fitness and Sports Month  
National Physical Education and Sports Week  
National Employee Health and Fitness Day  
National TV Turn-off Week  
Maintaining Weight During the Holidays





# Health Indicators/Measures For Physical Activity

- Did at least 94% of your UNIFORMED members pass the PFA?
- Did your command submit completed PRIMS data on time (within 30 days of the completion of the most recent cycle)?
- Does your command comply with OPNAVINST 6110.1H, para 11A - at least 3 physical conditioning sessions are incorporated into the workweek?
- Do at least 90% of your members report participating in at least 3 weekly session of at least 20 minutes of non-stop vigorous aerobic activity that results in a significant increase in heart and breathing rate (e.g., jogging, high-impact aerobics, continuous swimming, or bicycling fast or uphill)?
- Do at least 90% of members report participating in at least 2 weekly sessions of at least 20 minutes of strength training exercise involving most of the major muscle groups (e.g., sit-ups, pushups & chin-ups, stair-climbing, weightlifting, manual labor)?
- Has at least 1 Command Fitness Leader (CFL) completed the approved CFL training course?
- Have all of your assigned CFLs participated in a minimum of 1 class annually in physical readiness related topics (e.g., physical fitness, physical activity injury prevention/safety, weight management, nutrition)?
- Did at least 90% of your UNIFORMED members complete the current GMT on physical fitness?
- Did your command conduct or sponsor a physical fitness event?
- Did your command conduct a physical fitness awareness activity by setting up a display, distributing educational handouts, or conducting a physical activity event during Physical Fitness Month of May (preferably) or any other time?
- Did at least one "Crew" within the command participate in the annual "Crews Into Shape" in March (preferably) or at any time during the report period?

For further information, including source of data; how to calculate and analyze data; resources; rationale for this criteria (evidence & policy); supporting HP2010 Objectives, visit the NMCPHC Health Promotion and Award Criteria Website: [http://www.nmcphc.med.navy.mil/Healthy\\_Living/](http://www.nmcphc.med.navy.mil/Healthy_Living/).